



*A Way of Life.
Un mode de vie.
Ta'n Tel-mimajimk*

Dear teachers,

Mango and the **5210 A Way of Life** team are delighted to share their 5210 Activity Card challenge with you to promote healthy lifestyle habits!

Here are the details:

- The goal is to complete as many activities on the 5210 card as possible.
- The card ([accessible on our website: www.5210.ca/schools](http://www.5210.ca/schools)) includes links to resources needed for the activities.
- There is a paper copy of the Activity Card on the back of this letter for your class to keep track of activities completed.
- You get a ballot for the draw for each activity you complete.
- There will be one winning class per school.
- The challenge is from **October 15th to November 8th, 2024**.
- Complete the survey [using QR code below](#) by **November 15, 2024**, to provide your feedback and number of activities completed.



As always, don't hesitate to reach out if you have any questions.

Mango Program
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Review the 'Enjoy!' handout and track vegetables and fruits



Review the 'Power Down!' handout and track screen time



Review 'Move More!' handout and track physical activity minutes



Review 'Drink More Water!' handout and track beverages

Tracking Sheet for above activities

Email 'School Lunch Your Kids Will Munch' to parents

Review the 'Sleep Well' handout and have a class discussion about healthy sleep habits

Complete 'Autumn Scavenger Hunt'

Offer flavoured water in class

Brainstorm healthy snack ideas as a class and share ideas with parents

Colour a Chi colouring page in class

Try a physical activity video

Perform 5210 Rock and send to: mango@horizonnb.ca

Ask your students to bring a fruit or vegetable with their morning snack

Try a mindfulness activity

Bring your class for a walk

Show the video 'What is 5210 A Way of Life?'